

223. THE METHOD OF EVALUATION OF HEALTH STATUS USING BIOLOGICAL AGE

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Basic Health - is the most precious human resource, which determines the ability of the organism. Depending on lifestyle than, health can be maintained, strengthened or weakened. A person leading a healthy lifestyle usually the biological age of the person matches the passport, and those who do not protect their health, biological ahead of the chronological age.

Biological age - is the biological status of body development level respectively, where as the primary indicator is the work of physiological systems, which are characteristic of quantitative health, all specific elements to determine chronological age. Biological age is defined by all metabolic reactions, structural, functional adjustment and adaptability of the body. Biological age may differ from the chronological age. Chronological age - the time from birth to now or at any other time of calculation.

Materials and methods. Using the calculation method to estimate the integral health of the individual, we can identify groups at risk of illness or health problems that occur as a result of risk factors habitual or at work. As an overall assessment of individual human health, using the concept of "biological age". Health index a self - sum of answers "yes" to questions 1-24 and answer "no" to questions 25-27. If the answer to question 28, "poor" or "very bad", added the result is still one. The formula for calculating biological age after Voitenko: Men: $VB = 27 + 0.22 \times TS - 0.15 \times 0.72 \times IAS$
 $DRR + - 0.15 \times BS$ Women: $VB = 1.46 + 0.42 \times 0.25 \times TD + MC + 0.7 \times IAS - 0.14 \times BS$

Determination of the biological age by the method Voitenko not require the use of any diagnostic equipment and can be carried out in any environment.

To determine the biological age need the following data:

1. Systolic blood pressure (TS) and systolic TD;
2. Duration retention of breath (DRR);
3. Still Rocking (SB);
4. body mass (MC);

The index of subjective health according to a questionnaire containing 28 simple questions. Then, according to the scale of assessment and biological age formula is obtained depending on the results of the assessment of subjective health and functional few simple tests.

Results. It conducted the study of biological age to 51 students from the University of Medicine and Pharmacy *Nicolae Testemitanu*. Analyzing the results of self-evaluation, biological age of students it can be concluded that people aged 40 years show more advanced care to their own health than the

group assessed. The low indices of physiological reserves at students age 25 years due to failure to meet the skills of healthy way of life.

Conclusion. The study results are alarming. We have to repeat the study on a larger group of students and structured according to years of study. Another thing that is desirable to do is promote a healthy lifestyle among students.

224. A STUDY OF THE KNOWLEDGE OF THE ROMANIAN INSURANCE SYSTEM

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Introduction: High-quality health care affects health and wellness. A health insurance policy is a contract between an insurance company and a policy holder intended to safeguard against high and unexpected health care costs. In Romania, the health system is based on health insurance, a benefit provided through a government agency, private business, or a non-profit organization, which assures the patient full medical services when needed.

Material and method: The aim of this study is to evaluate the knowledge of the health insurance system in Romania among adults from different counties. In order to perform this study, we developed a questionnaire which includes 15 items reflecting various characteristics of the Romanian health system. The questionnaire was completed by 93 persons, males and females, aged between 18 and 75 years old. We have analyzed the subjects answers to the 15 items and included them in a data base, which served as the bases for the descriptive statistical analysis.

Results: From the total number of 93 subjects who participated at this study, the majority was represented by females, 58%, while males were just 42%. Regarding to the age epidemiologic criterion, we observed that 50% of the respondents were between 18 and 29 years old. We have also noticed that more than a half from the total number of persons, 52%, mentioned high school as their highest level of education, while 45% of the total were students during the period of this study, and only 30% were employed and in contract with different health insurance policies. We analyzed the statistical differences between genders using the questionnaire calculated scores, 1 point for each item, totaling a maximum of 15 points; most of the subjects had a score of at least 10 points. We have compared the scores for males (mean of 9.48) and females (mean of 11.01) obtaining a P value of 0.0166, which is statistically significant.

Conclusion: The majority of the respondents, according to the calculated scores, had at least a moderate level of knowledge about the Romanian health insurance system. Also, there are differences between genders, regarding the level of information about the health insurance system, which are statistically significant, females being more informed than males.

Key words: health system, insurance, public health, gender, Romania